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# SPARTAN DAILY

San Jose State University 150th Anniversary

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## Ex-cheerleader's lawsuit close to settling

LUKE STANGEL

STAFF WRITER

A partially paralyzed former cheerleader who sued San Jose State University for \$30 million is "very close" to settling her case out of court with the school, a lawyer representing the school said in court Tuesday.

Lawyers will now try to finalize the de-

tails of the settlement agreement in the next 60 days, and plan to return to court on May 8 to give the judge an update on where settlement talks stand. The exact amount of money the school will pay to settle the case, if any, remains unknown.

Rechelle Sneath was an 18-year-old freshman when she fell and was paralyzed from the waist down while practicing an aerial routine with her fellow Spirit Squad

members on Jan. 7, 2004.

She later sued — claiming her coach, Jenise Mills-Fitzpatrick, did not provide adequate safety for Sneath's acrobatic maneuver and did not directly supervise the routine. In the lawsuit, Sneath's lawyer estimate San Jose State University and the California State University system owe Sneath \$30 million — \$15 million for past and future medical expenses, \$10 million

for past and future loss of income and \$5 million for the loss of household services.

Lawyers on both sides of the case met in late February with a court-appointed mediator to try to work out an out-of-court settlement. In court Tuesday, Matthew Sullivan, a lawyer representing SJSU and the CSU system asked Santa Clara

see SNEATH, page 4

## Hosseini visits SJSU as part of series

SAMIE HARTLEY

STAFF WRITER

Khaled Hosseini, author of "The Kite Runner" will be on campus tonight to discuss his award-winning novel as part of the Margaret and Jim Jimenez Lecture series.

"The Kite Runner" was the book selected by the Campus Reading Program as the academic reading for the 2006-2007 school year at San Jose State University, and a play based on the novel is currently in production at the University Theatre.

Hosseini will read from his novel tonight at the Barrett Ballroom in the Student Union at 7:30 p.m. Following the reading, there will be a book signing.

"The Kite Runner" is a novel that takes place in Afghanistan and is about a privileged boy, Amir, and his friendship with his servant Hassan. The story follows the challenges Amir faces as he grows up in a country on the verge of war.

Kari Giroux, a graduate student in creative writing, said the story revolves around the theme of redemption.

"The Kite Runner" is a beautifully crafted story that revolves around a remarkable," Giroux said, "but complicated friendship between two boys growing up in Afghanistan before the Soviet invasion.

"The story is also about the protagonist Amir's desperate yearning for his father's love and acceptance. The drastic choices he makes in his attempts to secure this love are sometimes shocking and heart-breaking with devastating consequences."

Erica Goss, a graduate student in the creative writing program, said she enjoyed the novel.

"I thought it was fast-paced, interesting and taught me something about a place I previously knew nothing about," Goss said.

She said she would recommend the book because it "takes off from the first page," and the characters are memorable, but she didn't like the lack of female characters.

Steven Cossey, a junior majoring in English, said he plans on attending Hosseini's presentation.

"Being an aspiring author myself, I have many questions having to do with process, structure, plot elements, choices involving character vices and virtues, descriptions, etc.," Cossey said. "Aside from all of that, however, I'm most interested in what inspires him."

see HOSSEINI, page 4

## Technology lights up the classroom

CARLOS MILITANTE

STAFF WRITER

Technologically advanced classrooms are changing some teachers and students approach on class.

According to Associate Vice President for

Academic Technology Mary Jo Gorney-Moreno, San Jose State University currently has 73 smart classrooms on campus equipped with LCD projectors that allow teachers to present Microsoft Office PowerPoint lectures by connecting their laptop to the projector.

see TECH, page 5

PHOTO BY HANNA THRASHER/ STAFF PHOTOGRAPHER

## Study spots placed under a microscope

CARLOS MILITANTE

STAFF WRITER

Students who aren't satisfied with the conditions of learning environments at San Jose State University can help plan the future of SJSU classrooms, computer labs, libraries and study spaces.

Instructional designer of the Academic Success Center, Menko Johnson, will be conducting a study that will allow students to photograph and docu-

see STUDY, page 3



PHOTO BY SHAMINDER DULAI/ SPECIAL TO THE DAILY  
Sachie Nakamura studies from her English grammar book under a tree near Tower Hall on Tuesday.

## Computer energy consumption explored

RAINIER RAMIREZ

STAFF WRITER

The Dr. Martin Luther King Jr. Library has more than 200 computers, and many of them are not turned off overnight and are continuously using energy, said Tim Dorais, a student information technology technician in the library.

Similarly, other computer labs around campus leave computers on all day, whether or not they are being used.

"They leave computers on for maintenance," Dorais said. "They are doing anti-spyware and updating databases. Computers have a sleep mode, so if they are not being used, they will turn off features like the

see ENERGY, page 5



PHOTO BY HANNA THRASHER/ STAFF PHOTOGRAPHER

Computers in Dwight Bentel Hall room 226 are left on overnight for virus scanning and hard drive backup.

## Campus nutritionist looks at freshman weight gain

MEGAN WOOD

STAFF WRITER

The first year of college brings changes in the lives of students. For some, it is the first time away from home, for others it is the novelty of independence that encourages a change in lifestyle. Eating habits are usually the least noticeable, but often have the most impact.

"I didn't gain the freshman 15. I gained more like the freshman 20," said Dylan Casano, a sophomore majoring in graphic design.

The feelings toward the fact or fallacy of the

"freshman 15" varies from student to student, depending on where he or she lives, the sport he or she participates in and what he or she eats.

"I blame the food," said Jenna Provincie, a sophomore majoring in social work and psychology. "The food is horrible — all the choices and no home-cooked meals."

Jessin Ulloa, a junior majoring in radiology, never lived on campus and therefore never had a meal plan.

"It's not real. It's a myth. It doesn't happen to everybody — it didn't happen to me, so unless you don't take care of yourself, it's a myth," Ulloa said.

see WEIGHT, page 4



PHOTO BY HANNA THRASHER/ STAFF PHOTOGRAPHER

A deep-fryer in the San Jose State University Market Cafe-cooks many types of food served to students and teachers daily.



Experience is not what happens to a man;  
it is what a man does with what happens to him.  
— Aldous Huxley

FEMINISM FOR EVERYONE:

# Feminism is a strong ally in the fight against violence to women

On Monday, the San Jose Mercury News reported that the Santa Clara County Sheriff’s department is investigating the alleged rape of a high school girl at a party on March 3rd attended by members of the De Anza College baseball team, among other people.

Deputies have interviewed several members of the baseball team, although no suspects have been named and no arrests have been made, according to the Mercury News.

Very few details of the events surrounding the March 3rd accusation have been made public, but it was confirmed that the girl was a minor, and that drinking was going on at the party attended by approximately 50 people, according to the Mercury News.

The team held a meeting on Tuesday, canceling its Tuesday game and Monday practice.

Unfortunately, accusations of rape at college sports team parties are not all that uncommon. About one year ago, three members of the Duke University lacrosse team were accused or raping an exotic dancer at a party.

As more witnesses from the March 3 party come forward and the story begins to unfold, I hope it doesn’t go the way of the Duke team members last year who

were convicted in the court of public opinion before any evidence about the alleged rape came to light.

The heat on the school became so great that the team’s season was cancelled after only eight games, and although the charges in that case were eventually dropped, the lives of coach Mike Pressler and the three players, Collin Finnerty, Reade Seligmann and David Evans, were changed forever.

It is important to give the police, or in this case the Santa Clara County Sheriff’s Department, the chance to sufficiently investigate the alleged rape before passing judgment on the members of the baseball team or other party attendees.

Neither the young woman who was allegedly raped or the De Anza baseball team should be subject to unfair judgment.

The character and sexual history of a woman is still often used by the defense in court, as is whether or not a woman has been drinking immediately before said alleged rape.

A study by the College of Alcohol Studies at the Harvard School of Public Health published in Febru-

ary found that nearly three-quarters of rape victims report being intoxicated at the time of the rape. It also found that more rapes occur at colleges and universities that have higher rates of binge drinking.

Rape is still rape, even if a woman is intoxicated, but young women need to be educated that getting drunk in public may put them at a greater risk for sexual assault.

And sexual assault is still a great risk to the young women in our society. What if a woman was raped in a place such as Afghanistan? Who would stand up for her there?

Recently, someone suggested that feminism is a lost cause unless one lives in a place such as Afghanistan, but I suggest that stories such as this alleged rape prove otherwise. Feminism encompasses many things, including pushing for equality for women and an end to violence against women.

Violence against women still exists, even in the U.S., even in the Bay Area. Approximately 20 percent of teenage girls in the U.S. have experienced some form of dating violence, according to the U.S. Department of Justice’s Office on Violence Against Women’s Web site. The Bureau of Justice Statistics reported that 176,540 women were raped in 2005.

A woman, no matter how intelligent, powerful and equal to a man she is, can still be decimated by sexual assault.

Until there is complete equality for and an end to violence against women in the world, feminism is still needed.

In March, the U.S. and the San Jose State University community will celebrate Women’s History Month. The global community will celebrate International Women’s Day on March 8.

Both events are designed to promote equality and peace. One event, a benefit performance of “The vagina Monologues” is raising money for several women’s crisis centers. (Disclosure — this writer will be performing in the cast.)

The De Anza baseball team may be completely cleared of any wrongdoing — it is way to early to tell what will happen in the investigation. However, violence against women is still a crisis, here in this country, in our community, and I urge everyone to participate in the events and continue to raise awareness about violence against women.

*Sara Spivey is the Spartan Daily managing editor. “Feminism For Everyone” appears every other Wednesday.*

## SPARTA GUIDE

Write letters to the editor and submit Sparta Guide information online. Visit our Web site at [www.thespartandaily.com](http://www.thespartandaily.com). You may also submit information in writing to DBH 209.

**Sparta Guide is provided free of charge to students, faculty and staff members. The deadline for entries is noon, three working days before the desired publication date. Space restrictions may require editing of submissions. Entries are printed in the order in which they are received.**

### Today

#### *Catholic and Feminist Mass*

All are welcome to the Catholic and Feminist Mass held by Dr. Victoria Rue, a Roman Catholic woman priest in the Spartan Memorial Chapel at 12 p.m. For more information, contact Victoria Rue at [Victoria@victoriarue.com](mailto:Victoria@victoriarue.com).

#### *Women’s Weekly Discussion Group*

Counseling Services is holding its Women’s Weekly Discussion Group from 1 to 2 p.m. in the Administration building, room 201. For more information, contact Beverly Floresca at (408) 924-5910.

#### *PreMed Club Meeting*

The PreMed Club will be having a meeting with a representative from the Peace Corp. at 1:30 p.m. in Duncan Hall, room 505. For more information, e-mail [sjsu\\_premed\\_club@yahoo.com](mailto:sjsu_premed_club@yahoo.com).

#### *Men’s Weekly Discussion Group*

Counseling Services is holding it’s Men’s Weekly Discussion Group from 3 to 4:20 p.m. in the Administration Building, room 201. For more information, contact Kell Fujimoto at (408) 924-5910.

#### *FMA Meeting*

The Financial Management Association is having a meeting with National Semiconductor on Project Finance — from planning to product launch. The meeting will be from 4:30 to 5:30 p.m. in the Boccardo Business Complex, room 004. For more information, e-mail [publicity.fma@gmail.com](mailto:publicity.fma@gmail.com).

### Thursday

#### *Help Me! I Can’t Remember That Answer!*

Counseling Services will help students with test taking experience from 3 to 4 p.m. in the Student Services building, room 603. For more information, contact Deanna Peck at (408) 924-5910.

#### *IRB Workshop*

An IRB workshop is being held from 4 to 6 p.m. in the Student Services Center, room 603. For more information, contact Alena Filip at [Alena.Filip@sjsu.edu](mailto:Alena.Filip@sjsu.edu).

#### *Urban Planning Coalition Spring Speaker Series 2007*

The third annual Spring Speaker Series put on by the San Jose State University Urban Planning Coalition is being held from 6 to 8 p.m. in the Dr. Martin Luther King, Jr. Library. The event is being held to showcase SJSU to the public as well as attract planning professionals from City Hall. For more information, contact Brandi de Garmeaux at (415) 577-1813.

#### *Shamrock Showcase*

Join Kappa Delta sorority for their Shamrock Showcase — Lip Sync & Dance Contest that starts at 7 p.m. in the Student Union, Barret Ballroom. Entry is \$5 at the door. For more information, contact Cody Segalas at (925) 787-8793.

#### *Acts 2 Christian Fellowship*

Acts 2 Christian Fellowship has weekly Bible Studies at 7:30 p.m. in the Student Union Guadalupe room. For more information, contact Justin Foon at (415) 786-9873 or [jfoon1@yahoo.com](mailto:jfoon1@yahoo.com).

#### *SJSU Catholic Campus Ministry*

The SJSU Catholic Campus Ministry will be holding the Alpha Omega Student Fellowship at 8 p.m. in the SJSU Catholic Campus Ministry D Lounge. For more information, contact Kay Polintan at (408) 938-1610.

#### *Campus Crusade For Christ*

Students from all walks of life find fellowship, cutting edge music, dynamic Biblical instruction and a closer walk with Jesus in the Spartan Memorial at 8 p.m. For more information, contact Natalie Hill at (559) 230-7659.

GUEST COLUMN:

## Greeks from a different perspective

Greeks are supposed to be about leadership, academics, community service and brotherhood/sisterhood and if you don’t find that in the chapter that is trying to recruit you, then you’re not joining a Greek organization.

We all take some kind of oath at initiation that says that these four characteristics and more are what we are about.

So whether you are a party animal, or a strict academic professional, leadership skills, academics, community service and brotherhood/sisterhood always apply.



ROSSA DOÑO

There are 35 different sororities and fraternities on campus, all with the same four characteristics, but all with a different vibe.

The main reason you’d want to be Greek, is to know that you are a part of something bigger than yourself. We get good grades, we do community service and we network.

And I’m not saying that the average student can’t get good grades and do community service on their own, but it’s easy to get greater networking through alumni and brothers/sisters in a Greek organization.

True that the benefit of being Greek comes with knowing a lot of people, but it’s not to say it’s strictly through parties. We have the privilege of being involved on campus with faculty, staff and other students.

How the average student finds the Greek community that is right for them is based on what they want and what they are looking for.

And sometimes people don’t find the chapter that is right for them, and the experience is not a good one.

Some organizations are strictly black, Latino and Asian based chapters. However, most sororities and fraternities on campus don’t have a cultural base and are open to whoever feels comfortable with their distinguished attributes.

The key to not feeling excluded, and the way students find their Greek organization is by joining the chapter that they feel most comfortable in.

All Greeks are Greeks, and all Greeks can be leaders. Some individuals will tell you that other organizations are not Greek and those people shouldn’t be Greek. They are what make Greek communities look

bad, and they are what turn people who want to be Greek away. They run their mouth off stereotypes and rumors, instead of educating themselves on what all other organizations are really like.

Yes, Greek organizations ask for a lot. That is why we are incomparable students. We have weekly meetings, we have fundraisers to take care of, we have philanthropies to support, we have jobs to get to and we have our grades to keep up.

Every week there is some sort of activity to take part in. And yes, sometimes we are stressed with work.

The great thing about being Greek is that we accept the challenge, and we have the privilege of feeling accomplished after achieving many small goals every week, and greater goals every month.

I agree with Jaren Kole, president of the Interfraternity Council, that governs nine fraternities on campus. He says that we accept those who are willing to take the challenge of becoming something greater, and we accept those who are daring enough to take the challenge of contributing who they are to a greater cause.

There are many stereotypes of what Greeks are like and I could rant away on how none of those “rumors” are true.

But then I’d be lying. I’m not a good liar.

Yes, there are drunks, party animals and trouble-makers in Greek communities.

Yes, there are people who refuse to understand all other Greek organizations aside from their own.

And yes, the fault of those stereotypes lies in the hands of the Greek community.

Those who have chosen to be Greek have chosen to take part in extra curricular activities to better themselves. So any inappropriate behavior on our part is our fault.

But push the negative Greek reports aside and focus for a minute on the positive: the good things that San Jose State University Greek community does.

Four percent of all campus students at SJSU are Greek. Are we perfect? No.

There are exceptions, there are always exceptions.

But instead of applying this one view of what all Greeks are like, it’s time everyone spoke on what they know, and if you don’t know, open your mind to what being Greek is really about.

*Rossa Doño is a Spartan Daily staff writer. Guest columns appear every Tuesday and Wednesday.*

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Only letters between 200 to 400 words will be considered for publication.

Submissions become property of the Spartan Daily and may be edited for clarity, grammar, libel and length. Submissions must contain the author’s name, address, phone number, signature and major.

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# Dept. celebrates women’s history

## Many campus groups sponsor month of events in March

ANDY CHU

STAFF WRITER

Every year the month of March is devoted to recognizing the historical achievements of women in history and the women’s studies program, coordinated by San Jose State University Professor Shahin Gerami.

The program will hold a month long celebration commemorating this holiday.

This is Gerami’s first year teaching at SJSU and she said took the task of organizing the events on campus for Women’s History Month with open arms.

“It’s my responsibility for every generation as a woman to promote and educate people about the contributions of women in the world’s history,” Gerami said. “Throughout history women and minorities have been excluded from writing the history and this month gives us an opportunity to recognize them.”

Professor Gerami received her law degree from the University of Tehran in the country of Iran. Afterwards she earned her masters and Ph.D. in sociology at the University of Oklahoma.

Before coming to SJSU, Gerami taught the gender studies program at the University of Missouri.

Currently, the women’s studies program offers a minor and several general education courses for sociology majors. Gerami encourages students in her department and as well as all other students on campus to help spread the message of Women’s History Month.

“We need volunteers to reach out to the community,” Gerami said. “If just a handful

of students committed five hours a week to any community program like Big Brother Big Sister, they would learn the value of productivity through commitment.”

Gerami has been planning the events for March since November but in the beginning she was worried that she would not be able to find enough support to promote her events, she said.

“At times I was panicking thinking that not enough groups could come forward to help contribute,” Gerami said. “But now I have over 20 groups and organizations contributing to the events this month, everyone

**“Women’s History Month is not just about women who have contributed historically. ”**  
**-Shahin Gerami,**  
**professor of social science**

has been great.”

A few female students on campus didn’t even know March was Women’s History Month.

Alyssa Garrison, a senior majoring in liberal studies, said, “I didn’t even know it was March, but I think it’s a great idea to have Women’s History Month. We have come a long way and have overcome many obstacles to get where we are today.”

Senior Chen Levinger a native of Israel majoring in humanities said, “I think it’s a good idea but I am surprised other people

didn’t mention it,” she said. “In Israel we celebrate Mother’s Day and International Mother’s Day but it’s always good to see and hear different points of view.”

Gerami is aware that a majority of people and not just students don’t know that March is Women’s History Month but she takes this as an opportunity rather than a problem.

“I am saddened but at the same time challenged,” Gerami said. “It makes my job more important and I need to confront these issues. I see this as an opportunity rather than impairment.”

On March 14, the Women’s Studies program will host the Service Provider’s Fair. This event will bring organizations concerned with girls, women and youth to SJSU to share information, recruit volunteers and network for future projects. It will take place from 10:00 p.m. to 2:00 p.m. in the Student Union Ballroom.

Many more events will take place this month, including “V-Day,” a production of Eve Ensler’s The Vagina Monologues. This event will take place on March 15th and 16th, at 7 p.m. in the SJSU Morris Daily Auditorium.

“Women’s History Month is not just about women who have contributed historically. It is to give a voice to young women and minorities who are here in the present and their stories are important,” Gerami said.

“I encourage and send an open invitation to the students and professors of SJSU to help us promote this program, we welcome any support we can get.”

For additional information please contact Professor Shahin Gerami the Women’s Studies Coordinator at (408) 924-5754 or send emails to shgerami@email.sjsu.edu.

# Study- 25 students to participate in survey

Continued from page 1

ment their likes and dislikes of numerous learning environments on the SJSU campus.

“We want to know what students want in classrooms,” Johnson said. “Also we want to know if students like to study in quiet or noisy environments, whether they prefer to study at home or on campus. Basically we want to know the reasons why some students can’t stay on campus to study.”

Johnson said students who volunteer for the study will be asked to take 25 pictures with a disposable camera that will be provided and document their findings on a survey that will also be provided.

“Right now we’re only going to take 25 students for the study,” Johnson said. “But if I find myself overwhelmed with students applying for the study then I guess I’ll just have to go out and buy 25 more cameras.”

Katie Masters, a senior majoring in English, said that a study like this is important because if students have good study environments it can better prepare them for assignments and tests, which should result in higher grades.

“The top floors in the library is definitely my favorite place to study,” Masters said. “I don’t like the fact that the lower floors are integrated with the public because it gets loud and sometimes you’re next to sweaty bums.”

Johnson said the diversity of the students who participate in the study will be very important.

“I want to hear from students from all backgrounds,” Johnson said. “I want to hear from seniors, first years, students with different majors and ethnicities. What one person says doesn’t go for everyone.”

Mia Engalla, a freshman majoring in kinesiology, said she probably wouldn’t take part in the study but thought that it was important that the school do something about some of her classrooms.

“There are just way too many people in some of my classes,” Engalla said. “I would like to see smaller classrooms in the future or a lower limit on how many students are allowed in each class.”

Masters, a senior majoring in English, shared some of her complaints about her classrooms in Clark Hall.

“I have a few classrooms that don’t even have windows,” Masters said. “Without windows in a small room like that — it just gets really stuffy sometimes.”

Johnson said students who take part in the study will meet and discuss their findings and possibly create some sort of collage so students who didn’t take part in the study can see the results.

The study will take place from March 12th to 16th.

“We want the students to have a voice in the future of the school,” Johnson said.

Johnson said there would be flyers posted all around campus.

Students who are interested in volunteering can call Johnson at (408) 924-3309.

**Kappa Delta Sorority Presents...**  
**Shamrock Showcase**

**Lip sync & Dance Contest**



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2007



## Hosseini- Author to watch play adaptation

*Continued from page 1*

Mitch Berman, director of the Center for Literary Arts, said the event should “afford students and faculty a great deal of insight into how he created” the novel.

“‘The Kite Runner’ is one of the best-selling and best-known novels of the last decade,” Berman said. “It was at the No. 1 spot for months on end.”

Hosseini is scheduled to make other appearances on campus on Thursday. Berman will lead Hos-

seini in a discussion tomorrow at noon in the University Room.

He said he will talk with the author for about a half hour and then the audience will have the opportunity to engage in a question and answer session with the author, who is a San Jose resident, and there will be a book signing.

“It’s a smaller event with more of an intimate feeling,” Berman said.

Lisa De Leeuw, a graduate student majoring in English literature, said she plans on attending both events.

“I enjoy the author readings and question-and-answer sessions that the Center for Literary Arts provides San Jose State,” De Leeuw said. “I’ve been to at least 10 readings in the past and have never been disappointed. I look forward to hearing Hosseini’s own voice enriching his text. The story is never half as good until you have heard the author reading it to you.”

De Leeuw said she enjoyed the book and recommends other students to read it.

“After completing my degree, I

hope to teach high school English,” De Leeuw said. “I think that ‘The Kite Runner’ is a book that high school and college students can relate to. Amir’s secret reminds me of what it is like growing up and not being able to find anyone to talk to who will believe what you have to say.”

Micaela Youmans, a senior majoring in English, said she also recommends the book.

“I hate to use canned reviewer expressions like ‘it was a compelling read,’ but, well, it just was,” Youmans said.

Hosseini will conclude his visit at SJSU by attending the final performance of the theater adaptation of his novel at 7 p.m. on Thursday.

Matthew Spangler, assistant professor of communications and performance studies and the director of the play, said Hosseini is scheduled to take part in a question-and-answer session following the show.

Spangler said the play has been well-received by audiences since its opening last month.

“Several of the shows have sold out, and every audience so far has given the actors a standing ovation at the end of the performance,” Spangler said. “I couldn’t have imagined a more positive response, which I think is a tribute to the power of this novel and the committed, heart-felt performances from the actors.”

### Calendar of events

**March 7**  
7:30 p.m.

Reading and book signing  
Barrett Ballroom, Student Union

**March 8**  
12 p.m.

“A Conversation with Khaled Hosseini”  
and book signing  
University Room

Q&A following final performance of  
“The Kite Runner”  
7 p.m.  
University Theatre

## Sneath- Waiver in question

*Continued from page 1*

County Superior Court Judge Thomas Cain for more time to finalize the settlement agreement, which was “very close” to completion.

Sullivan declined to comment outside of court. Thomas Beatty, another lawyer representing the school, did not return calls for comment this week.

The school argued in the past that Sneath signed a waiver before joining the Spirit Squad assuming liability for any injuries she suffered while practicing or performing on the team, Beatty said in an earlier interview.

According to the lawsuit, Mills-Fitzpatrick pushed the cheerleading squad the day Sneath fell, forcing them to do push-ups when they made mistakes. She asked Sneath to perform two back tuck basket tosses — where a cheerleader is thrown in the air and caught by as

many as four cheerleaders forming a “basket” with their arms — although Sneath had done the maneuver just six times before, according to the lawsuit. The cheerleaders didn’t catch Sneath, who fell to the ground. Today, Sneath uses a wheelchair.

Neither Sneath nor Mills-Fitzpatrick appeared at Tuesday’s court hearing.

Mills-Fitzpatrick works as a special education teacher in Modesto and is head coach of the dance program at the University of the Pacific in Stockton, Beatty said previously. Mills-Fitzpatrick spent five seasons as a cheerleader with the San Francisco 49ers and two seasons as a cheerleader with the San Jose SaberCats arena football team, according to the University of the Pacific’s Web site.

Cynthia McGuinn, the lawyer representing Sneath, did not appear in court Tuesday and did not return calls for comment.

## Weight- Stress, routine cited as some reasons for gain

*Continued from page 1*

According to San Jose State University nutritionist Jennifer Waldrop, the freshman 15 isn’t really 15.

“Research shows that most college freshmen gain seven pounds. So the freshman 15 isn’t really accurate in terms of the number 15, but there is definitely a trend of weight gain within the first 12 weeks of beginning college,” Waldrop said.

The first 12 weeks are a period of major transition from life at home to a new life at college, Waldrop said.

“Stress levels increase, which can change eating habits, food choices change and physical activity tends to decrease because students study more ... these disruptions cause pretty immediate weight gain in the first 12 weeks,” Waldrop said.

Casano found himself on a tight budget and, to save money, ate the cheapest things he could

get his hands on.

“The cheapest stuff is the fattiest stuff ... fast food, hot pockets. It’s cheap and fatty,” Casano said.

However, fixing meals at home tends to be cheaper in the long run, Waldrop said.

“Buying things in bulk like chicken breasts and pasta ... people like bean burritos and beans are healthy and some of the most affordable things to buy,” Waldrop said.

According to a handout from Spartan Shops Dining, healthy options can be found at all food vendors on campus for students eating on campus or living in the dorms.

“You want to look for whole grains and choosing whole wheat bread when given the option ... varying your fruits and vegetables on campus as well as calcium rich foods like low fat milk or soy,” Waldrop said.

A meal does not have to consist

of a burger, fries and a soda. For students seeking healthier options, opt to eat fruits and vegetables first as they are high in water and fiber so they make you feel fuller, and be sure to choose lean proteins such as grilled chicken breast, Waldrop said.

**“Maintaining physical activity is really key, even two 10 minute walks will help.”**  
-Jennifer Waldrop,  
university nutritionist

As far as keeping the freshman seven or 15 off, physical activity is key.

“I didn’t gain weight my freshman year because I was on the basketball team,” said Danielle Price, a junior majoring in ac-

counting. “All the cardio and running and exercise helped me to not gain weight without changing my eating habits.”

Students may opt to hit the treadmill at the gym in the event center or take a fitness class available for students at the semester rate of \$9.

“Maintaining physical activity is really key, even two 10 minute walks will help ... something that increases your daily movement will help,” Waldrop said.

According to a flier from the Associated Campus Recreation, a new program called Spartan Walkers is geared toward encouraging fitness and exercise and will be launched later this semester. Students can register for free online at <http://sjsu.pyrasports.com>.

Students interested in nutrition counseling or help with healthier food choices can make an appointment with Jennifer Waldrop at (408) 924-6122.

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# Hosseini



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## MAJOR AUTHORS SERIES

2007

 San Jose State University



Tech- More smart classrooms to be built

Continued from page 1

Professor Alex Yamato, a professor of social science, teaches in a smart classroom at Washington Square Hall room 207, said that he uses PowerPoint because he generally teaches large classes.

“There’s just not enough time to write all the details for my classes on the blackboard,” Yamato said. “I find that PowerPoint is more effective because you can do more with showing not just notes, but graphics and videos as well.”

Steven Alcantara, a junior majoring in kinesiology at SJSU, said he prefers teachers who use PowerPoint lectures because those teachers are more likely to post their lectures on their Web sites.

“Sometimes teachers just go too fast with their notes during class,” Alcantara said. “By putting their lectures on their Web site, students who can’t make class can get the information they missed.”

With all the upside of technologically advanced classrooms, there are also some downsides according to Professor María Ochoa, a lecturer in social science.

“Technology is great as long as it works,” Ochoa said. “Sometimes there are ghosts in the machine that can ruin the best planned media presentation.”

To prepare for this, Ochoa said she has learned that it’s important that teachers who use PowerPoint should be prepared with a low tech classroom presentation, just in case of equipment malfunctions.

Phuoc Phan, a senior majoring in accounting, said that teachers should just stick with chalkboards because it has no chance of breaking or malfunctioning.

“Some of my professors already have a hard

enough time setting up projectors,” Phan said. “I would rather they just use the chalkboard to save time.”

Professor Yamato also mentioned how more students are using laptops for taking notes during his classes.

“I think the value of using a computer to take notes is that students don’t have to stress with handwritten notes,” Yamato said. “I think it’s a very effective study tool, and I don’t mind if my students use them.”

Nai Saephanh, a senior majoring in occupational therapy, said that laptops can hurt and help in class, depending on the type of class the student is in.

“I think if students really want to learn they’ll pay attention and use it for good use,” Saephanh said. “If I’m in a class that I’m just taking and don’t really need, then I’ll probably just use it to surf the web and kill time.”

According to Professor Ochoa, laptops are useful to students because some people can type faster than they can write by hand, and laptops offer another form of note taking that makes it possible for students to keep up with the speed of a lecture or discussion.

“The downside is if students are surfing the Web or visiting a chat room instead of paying attention to the lecture or discussion,” Ochoa said. “But people are going to tune out if they don’t feel engaged, whether they have a laptop or not. Laptops can provide a high tech form of daydreaming.”

Associate Vice President of Technology Gorney-Moreno said she’s meeting with the seven deans of each college sometime in March to discuss smart classroom additions for summer 2007. According to the SJSU Web site, the school has aggressive plans in to update 100 percent of general classrooms to smart classrooms by 2010 in their Vision 2010 mission.

Energy- Some computers on overnight to battle viruses

Continued from page 1

hard drive to save energy.”

According to energystar.gov, the total annual energy consumption for a typical commercial desktop is 354 kilowatt-hours and being left on in an idle state accounts for 90 percent of that number. Comparatively, a typical household uses several hundred kilowatt-hours a month.

Amie Frisch, director of the Environmental Resource Center, believes that computers on campus should be turned off at night to conserve energy.

“It would save a lot if you just turn it off,” Frisch said. “If they have to do overnight maintenance, then they could just maybe do it once or twice a week instead of every night. They use less in standby mode, but it still adds up to a lot of energy.”

The computers in the first floor of Clark Hall are on overnight, said Steve Sloan, an information technology consultant and lecturer in the school of journalism and mass communications.

Sloan said the computers in Clark

Hall do automatic software updates overnight and renew the operating space.

“People would install stuff on computers and it would pick up viruses,” Sloan said. “If we just updated once a week, like on Friday, a new virus on Saturday would wreak havoc on the lab.”

“They use less in standby mode, but it still adds up to a lot of energy.”  
-Amie Frisch,  
director of the Environmental Resource Center

Computers are turned off at night in the A.S. computer lab, said Harapreet Singh, a senior office assistant in that computer lab.

“They are not being used,” Singh said. “We need to conserve energy. For other computer labs it depends on each of their needs — people might leave UNIX systems on for remote

access. They probably leave it on to avoid long load times — whatever is convenient for users.”

Tony Syl, a mechanical engineering graduate student, said computers are left on because people go in and out of the lab all day.

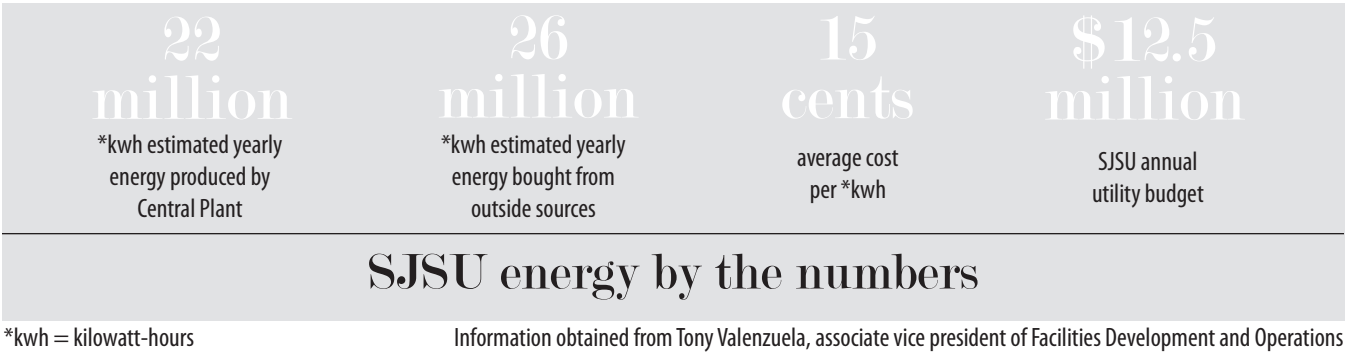
“Someone is going to walk in and use them in a hurry,” Syl said, while standing outside a computer lab in the Engineering building. “I’m pretty sure they turn them off at night because it would be a waste.”

Tony Valenzuela, the associate vice president of Facilities Development and Operations, said turning computers off at night would help conserve energy, but there are other important things to watch for.

“Really the biggest thing that would help the most is to turn the lights off, closing doors and closing windows,” Valenzuela said.

Newer computers and monitors are much more energy efficient than in the past, he said. Light bulbs in old buildings have been replaced with brighter and more energy efficient bulbs.

“We are very aggressive investing in the infrastructure to save energy on an ongoing basis,” Valenzuela said.



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1 Purlin  
6 Happy shout  
9 Musical drama  
14 Hawk's lair  
15 Nest-egg letters  
16 Raid  
17 Burned unsteadily  
19 Moth's lure  
20 Sullivan and Murrow  
21 Not so much  
22 Briefcase closers  
23 Riverbank growth  
25 Paddock occupants  
26 Concealing  
29 Check  
31 Loud and rude  
32 Feels curious  
36 Leak  
37 Realty offering  
38 Tropical isle  
40 More cheeky  
43 Takes forcibly  
45 Desktop symbol  
46 Most current  
47 Memorable time  
50 RSVP word  
51 Wield as influence  
52 Prez stand-in  
54 Hot tub  
57 Music with a beat  
58 Really bad  
61 Bride's destination  
62 Indefinitely expandable substance  
63 "Wellaway!"  
64 Characterized by disorder  
65 Fruity drink  
66 Gratuities

PREVIOUS PUZZLE SOLVED

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4 Snapshot  
5 Cartoon shriek  
6 Tense  
7 Sourdough strikes  
8 Crumples up  
9 Without thinking  
10 Kind of explorer  
11 Rub out  
12 Inclines  
13 Votes in favor  
18 Thomas Gray opus  
23 Stage platform  
24 Dash widths  
25 Homo sapiens  
26 Cable network  
27 Hair curler  
28 Bewilder  
29 Bound by oath  
30 Canvas bed  
33 Gives off light  
34 Demolish  
35 Takes legal action

37 Sign before Virgo  
39 Hobby ender  
41 Conquest  
42 I, to Fritz  
43 Ski trail  
44 Paris  
thirst-quencher  
47 Banish  
48 Gnats and ants  
49 Fierce whales  
50 Doggerel  
51 Party cheese  
52 First-magnitude star  
53 Mild oath  
54 Go hang-gliding  
55 Hockey need  
56 Invites  
59 Blank space  
60 Henri's island

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8	6	9	5	2	7	3	4	1
4	5	7	8	3	1	2	6	9
2	3	1	9	4	6	7	8	5
3	9	5	4	1	2	8	7	6
1	2	6	7	5	8	4	9	3
7	4	8	6	9	3	5	1	2

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			7					
7		4					3	5
5					4	2	7	
				2	5		6	



# Men's basketball gets WAC'd

MEN'S BASKETBALL SCORE:

	1	2	TOTAL
SJSU	21	29	49
IDAHO	22	27	50

In the first round of the Western Athletic Conference Tournament in Las Cruces, N.M. yesterday, the men's and women's team both faced the University of Idaho.

The men's team fell to the Vandals 50-49 and will return to San Jose this week.

The women's team ousted No. 9 Idaho 72-66 and will play No. 1 Boise State tomorrow at 2:30 p.m. The Spartans upset the first-place Broncos on Feb. 22 68-60 at the Event Center.

WOMEN'S BASKETBALL SCORE:

	1	2	TOTAL
SJSU	34	38	72
IDAHO	34	32	66

# NFL scouts flock to SJSU Pro Day

Several watch as former Spartans run, jump, lift to impress reps

Yael Reed Wachspress  
STAFF WRITER

Representatives from the National Football League scouted out professional prospects Tuesday for San Jose State University's Pro Day.

Ted Tollner, who served as the offensive coordinator for San Diego State University from 1973 to 1980 and held several assistant coaching positions in the NFL, attended.

"Every year the players get better and there becomes more interest on Pro Day," Tollner said.

Scouts from all over the nation flew in, including representatives from the New York Jets, San Francisco 49ers, Oakland Raiders, Pittsburgh Steelers, Kansas City Chiefs, Tampa Bay Buccaneers, Houston Texans and the Cincinnati Bengals.

San Jose SaberCats, the local, professional arena football team, had representative Chris Hogge looking on.

"We're looking for whatever we can get our hands on," Hogge said.

A representative from the Steelers, who wished to remain anonymous, commented that this was probably one of the biggest turnouts since he's been coming to SJSU for Pro Day.

About 20 family members and friends observed the players inside the athletic training center

around 3 p.m.

By 4 p.m. the Pro Day event and players had attracted a crowd of about 100 people, which included SJSU students, family, agents, current NFL professionals and scouts.

"This is basically open for anyone who is eligible for the NFL," said Clarence Cunningham, a senior at SJSU, who tried out yesterday.

"They want strong powerful guys," said Bill Hall, SJSU director of football operation.

The events of Pro Day began with a meeting among scouts, coaches, agents and players. Players filled out paperwork and were tested on their writing ability.

Potential players — who would be evaluated on their bench press, the vertical jump, the broad jump, and 40-yard dash — were split into three groups for viewing of performance.

"I want to see how they perform, how fast they run and their strength when doing drills,"  
-Joe Bommarito,  
New York Jets scout



PHOTOS BY STEPHANIA BEDNAR / STAFF PHOTOGRAPHER

James Jones former wide receiver jumped 10 feet, 7 inches in the broad jump as part of SJSU's NFL Pro Day workout.



With NFL Miami Dolphin scout Adam Engroff looking on, James Jones bench presses 225 pounds 23 times.

The first groups were SJSU players and the second were from Cal Poly San Luis Obispo.

The third groups were from Sacramento State, Menlo College and several other players representing universities in Idaho and Missouri.

Players were asked to strip down to their briefs to get their measurements in height and weight.

"I want to see how they perform, how fast they run, and their strength when doing drills," said Joe Bommarito, a scout from the Jets.

Dick Tomey, head coach of the SJSU football team, observed as

his players showed off their skills to scouts.

"I'm just excited to see the results," Tomey said.

James Jones, one of SJSU's most talked about prospects, who is expected to be drafted between the 4th and 7th round, had just returned from Indianapolis from the NFL Scouting Combine last week.

Jones said he was not nervous as he finished up the day with a 35-inch vertical jump, 10 feet 7 inches in the broad jump and benched 225 pounds 23 times, which is a one repetition improvement since

the NFL combine.

"I just got back from combine," Jones said. "All of my jitters are out."

Janet Jones, James' mother was present during the event, sporting a No. 3 jersey and a smile.

"I'm just excited, proud and nervous," Janet said.

John Broussard, another talked about wide receiver who played with Jones at SJSU, ran a 4.37 in the 40-yard dash and recorded a 40-inch vertical leap.

"We're looking at wide receivers Jones and Broussard," Bommarito said.

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QUANG DO / STAFF WRITER

# Five SJSU wrestlers in Texas today for three-day national competition

STAFF REPORT

Five competitors and head coach Jim Lucas from the San Jose State University wrestling club flew to Dallas, Texas this morning to compete in the National Collegiate Wrestling Association's national championship.

The Spartan wrestlers competing are Daniel Calvo in the

133-pound weight class, Russ Lopez at 184 pounds, Gregory Johnson Jr. at 197-pounds, Alex Stergion at 235-pounds and Matt Vavao at 285-pounds.

The wrestling club placed first in the western conference qualifier on Feb. 21 at SJSU.

Lucas said the national tournament will include 350 competing schools.

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## HILLEL OF SILICON VALLEY

[WWW.HILLELSV.ORG](http://WWW.HILLELSV.ORG) - 408.286.6669  
FOR MORE INFO: [STUDENTLIFE@HILLELSV.ORG](mailto:STUDENTLIFE@HILLELSV.ORG)

FRIDAY, 7:00 PM:  
SHABBAT DINNER  
"OUR HERITAGE AND OUR HEALTH -  
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